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ASTHMA ACTION PLAN

GREEN ZONE: Asthma is well controlled.

- Continue use of daily medication if applicable.
- Continue use of rescue inhaler as needed for any coughing, wheezing, shortness of breath, or chest tightness.
- Use for prevention: 2 puffs 15 minutes prior to situations that typically cause cough, shortness of breath, chest tightness or wheeze such as exercise or exposure to allergens.

YELLOW ZONE: For symptoms of shortness of breath, chest tightness, wheezing, or coughing:

- Use the rescue medication to help stop asthma symptoms. Medication should start to work within 20 minutes. You may use the rescue medication as often as 20 minutes apart up to 4 times in a day.
- **If after using the rescue medication 4 times in a 24 hour period, and signs & symptoms persist, start Prednisone as directed below.** You may contact the office during office hours to notify us.
- You then can repeat the rescue medication, such as Albuterol or nebulizer treatments, another 4 times, trying to spread out the frequency. Many times, one or two treatments are enough.
- If patient vomits within 20 minutes upon receiving Prednisone, repeat same dose.

PREDNISONE DOSE WHEN NEEDED PER YELLOW ZONE BELOW:

- Prednisone 5 mg tablets: 4 to 6 tablets or 20 to 30 mg twice per day for up to 3 days in a row. Call office during office hours for further instructions if symptoms persist after 3 days. Make sure that prednisone doses are at least 4 hours apart. Do not take prednisone any later than 5 PM, unless absolutely necessary, due to the stimulating side effects of prednisone.
- Prednisolone (Liquid Prednisone) Dosage for Children:
 - 10-12 lbs: 1/4 tsp
 - 12-21 lbs: 1/2 tsp
 - 22-29 lbs: 3/4 tsp
 - 30-36 lbs: 1 tsp
 - 38-44 lbs: 1 1/4 tsp
 - 45+ lbs: 1 1/2 tsp
- Use Albuterol HFA 4-6 times per day during course of Prednisone.

RED ZONE: Severe symptoms may include:

- Extreme shortness of breath, respiratory rate above 40 breaths a minute, pulling (retractions) of neck and chest muscles, blueness around the lips or fingertips, difficulty talking or walking.
- Repeat plan of care in yellow zone with use of Albuterol and Prednisone. If symptoms do not improve get to the emergency room or contact 911 for an ambulance.